WATCHDOG SLAMS CSIS OVER KHADR, PG 5

Comment pg 8

It's all in how you approach a person

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Canucks set to stampede Flames for '09-10 start

HOCKEY The Calgary Flames are up first when the Vancouver Canucks open the NHL regular season on the road Oct. 1. Vancouver plays its home opener four days later against the Columbus Blue Jackets at GM Place to kick off a three-game homestand, according to the 2009-10 schedule released by the league yesterday.

They will play every NHL team at least once.

Marquee matchups at the Garage include the Montreal Canadiens on Oct. 7, the Toronto Maple Leafs on Oct. 24 and the Stanley Cup champions Pittsburgh Penguins on Jan. 16.

This NHL season includes a break between Feb. 12-28 for the Winter Olympics.

METRO VANCOUVER

Celebrity Buzz pg 14

Jacksons feared MJ on drugs

FocusOn FirstNations

For the next week, Metro Canada will be focusing on First Nations and Aboriginal news, community issues, arts and culture as part of a special series leading up to the Assembly of First Nations convention, July 21-23, in Calgary.

• Today

• **Chief Clarence Louie on economic independence for First Nations, pg 8**

PHOTO SUBMITTED

Ali Howard, a 33-year-old luxury lodge chef, practises on B.C.'s Skeena River. Starting on Tuesday, she will attempt to swim its length all the way to the ocean to raise awareness of industrial projects that could harm the province's second largest river.

Skeena swimmer aims to expose river's woes

Fears of industrial effects 'outweigh' chef's personal concerns

JEFF HODSON
jeff.hodson@metronews.ca

A luxury lodge chef plans to swim 610 kilometres — and spend almost a month in frigid river water — to raise awareness about what she calls potentially harmful industrial projects along a river in Northern B.C.

On Tuesday, Ali Howard, 33, will enter the Skeena River at its source on the Spatsizi Plateau wearing a drysuit, gloves, booties, a helmet and a personal flotation device.

For the next 28 days, the former university water polo player will float and swim, accompanied by two kayaks and two rafts, through rapids and past whirlpools to the ocean down B.C.'s second longest river.

"I'm excited and nervous," said Howard yesterday. "I'm concerned about what these industrial projects could mean for the river. These fears outweigh my own."

The Spirit of the Skeena Swim aims to raise awareness about coalbed methane exploration in the Spatsizi Plateau as well as a possible pipeline from the Albertan tarsands to the coast through the southern portion of the watershed.

In December, the provincial government implemented a two-year moratorium on coalbed methane exploration in the area.

She called coalbed methane "insidious" and said it has the potential to ruin one of the longest un-dammed rivers in the world.

The eight-person crew accompanying Howard needs to be self-sufficient for the first portion of the swim as they will not hit a town until day 12.

Once she enters inhabited areas, the group will host community celebrations to "get people talking about the river's future."

"We want to capture locals' imaginations and galvanize the community."

Watershed

• To follow Ali Howard's swim online visit skeenawatershed.com.

ShareYourViews
vancouverletters@metronews.ca

DTES in SFU videogame fear study

RESEARCH Video-game technology is being used by a researcher at Simon Fraser University to study how people react to crime and fear in the Downtown Eastside and nearby neighbourhoods.

Andrew Park, a criminologist and research associate at SFU's Institute For Canadian Urban Research Studies, said virtual environments are useful for studying social issues such as homelessness and fear of crime.

"One of the advantages of a virtual environment is that we can modify it easily," said Park.

"For example, we developed a second model of the neighbourhood that had more broken windows and more graffiti. You can't do that with the real environment."

Park creates his virtual environments by taking digital photos, manipulating them in Photoshop and then mapping them onto 3-D models created by a game-development program.

Research participants navigate through the virtual environment using a Nintendo Wii controller and balance board.

Park said he'd like to incorporate interactive characters and objects into the models.

"For our future studies, it would be great if people could actually go into the shops and buildings and talk to people," said Park.

"I want to see my research have a positive impact on society."

KRISTEN THOMPSON/
METRO VANCOUVER

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Death Cab cruises into town for show
Indie Rockers Death Cab for Cutie are in town tonight for a show at the Pacific Coliseum. The Grammy Award-nominated band from Bellingham, Wash., hit the stage at 7 p.m. METRO VANCOUVER

Local

Catwalk for Cure tonight

The Catwalk for Cure, a breast cancer benefit, takes place tonight at the Roundhouse Community Arts and Recreation Centre. The event features a fashion show by local designers, silent auction and musical performances. Guests are encouraged to wear something pink to show their support. Tickets are $30, with money going to Rethink Breast Cancer. Doors open at 7 p.m. METRO VANCOUVER

Man shot by Mounties dies

RCMP say 46-year-old rammed cruiser with stolen vehicle

JEFF HODSON
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A 46-year-old man has died after being shot by police officers once he rammed a stolen car into a police cruiser in an alleyway behind a Surrey business park, Mounties said yesterday.

According to police, four officers were conducting surveillance at about 7:40 p.m. Tuesday in the complex at 12639 80th Ave., when they spotted a brown 1992 Honda Accord that had been reported stolen.

The man tried to flee and smashed the Accord into one of the cruisers. An officer then shot him in the upper body, likely the face or neck, said Sgt. Peter Thiessen in a release.

JEFF HODSON/METRO VANCOUVER

Martial arts instructor Oneal Mendoza, in Surrey yesterday, recounts details of a police shooting that occurred Tuesday behind his studio in a business park.

Yesterday, broken auto glass was scattered in the alleyway and there were orange police markings on the asphalt.

Oneal Mendoza, a martial arts instructor, was teaching a class in one of the warehouses when he heard honking, screeching tires and the collision.

"(He was) trying to get out, trying to veer his way out of the alley, hitting the bins and whatnot," Mendoza said.

He added he peeked through the door and saw a police officer with his gun drawn and heard someone yell, "Stop, I'm a cop."

Mendoza retreated from the doorway and crouched under a wooden bench.

He said he heard six to eight gunshots. Afterwards, he heard one of the officers say the man had a pulse and radio for an ambulance.

Thiessen said the Integrated Homicide Investigation Team was the lead investigative unit in the incident and would be monitored by an independent observer from the chair for the Commission for Public Complaints Against the RCMP.

RCMP seek man in failed abduction

CRIME A man who apparently tried to lure two girls aged 14 and 15 into his vehicle is being sought by Langley RCMP.

Mounties say the girls were walking along 200th Street Sunday afternoon when they were approached about four times by a man in an older-looking, beige or yellow pickup truck.

The man, described as shirtless and 30 to 35 years old with facial stubble and tattoos on his arm and chest or neck, asked the girls if they wanted a ride.

They refused, but the man continued to accost them.

The girls eventually ran to Willowbrook Mall where they phoned their parents.

METRO VANCOUVER

Aquarium **Amazon adventure**

KRISTEN THOMPSON/METRO VANCOUVER

AquaCamp students watch as biologist Kristen Brown releases Costa Rican butterflies in the Vancouver Aquarium's Amazon Gallery yesterday. The insects are used by Costa Rican farmers to pollinate flowers.

McLachlan, Crow, Young to stage benefit show

KARL YU
for Metro Vancouver

CONCERT Sarah McLachlan is headlining a concert at Ambleside Park alongside other music heavyweights to benefit her foundation.

The Juno and Grammy Award winner has recruited Neil Young and Sheryl Crow to join her on Sept. 12 at the outdoor stage for Summer Sessions: A Premiere Benefit Concert.

"I am thrilled to have Neil and Sheryl join me … at Ambleside Park this September," McLachlan said in a press release.

"We hope the event will entertain and inspire, while increasing awareness of the need for music in children's lives."

The Sarah McLachlan Foundation provides music to young people and free music programs for underprivileged children.

Sarah McLachlan

Tickets can be bought starting July 18 through selectyourtick ets.com or by calling 1-866-514-5050.

University students report abuse: Study

KRISTEN THOMPSON
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HEALTH Nearly one in five students visiting university health clinics said they were emotionally or physically abused in the last six months, according to a study released by the University of B.C.

The study found that men and women were equally likely to be victims of violence, which is often linked to drinking, said lead researcher Elizabeth Saewyc, a professor in the school of nursing.

"When nearly one in five young people report recent violence, that's a serious concern for campus health services," Saewyc said.

"The stress from experiencing violence can affect students' grades, their mental health, even their long-term physical health."

More than one in three of the women who experienced violence, and 59 percent of men, said they had been drinking at the time.

Dr. Nancy Edwards, scientific director with the Canadian Institutes of Health Research, said the study will help create better violence-prevention and intervention programs on campuses.

"Violence is an important public-health issue in Canada, so it is necessary to identify people at risk to reduce the number of victims," Edwards said.

Saewyc added that campus health services should do more to screen for violence exposure among students, and universities need interventions to promote healthy dating relationships.

Tolling for bridge begins

DANIEL TAM
for Metro Vancouver

GOLDEN EARS After a month of free rides, tolling for the Golden Ears Bridge starts today.

Demand for transponders have been so high that TransLink has run out of the devices that offer drivers a discount when crossing Western Canada's first electronic tolled bridge.

The company originally anticipated it would need about 10,000 transponders, but it has already leased more than 16,000 units.

TransLink said people who ordered the devices but have not yet received them will be charged the lower price until more transponders are available.

They will cost drivers $1 per month and can be attached to the vehicle's dashboard. They will keep track of crossings so motorists can be billed accordingly.

JEFF HODSON/METRO VANCOUVER

The Golden Ears Bridge connecting Pitt Meadows and Maple Ridge to Langley and Surrey.

New fees

- $2.75 to $3.90 for cars.
- $5.55 to $6.55 for small trucks, car-towing vehicles and school buses.
- $8.30 to $9.40 for large trucks.
- $1.40 to $2.50 for motorcycles.

Cars without transponders will have their licence plate numbers photographed by cameras mounted at the bridge's entrance and later receive bills in the mail.

News in brief

CONDOS The builders of Surrey's Quattro condominium development have delayed the project's third phase to advance construction of Quattro 2, which was destroyed in a fire last fall. Deposits for Quattro 3, which also burned down, are being returned with interest.

ASSAULT Police are asking for public help in finding a suspect who assaulted another passenger on a bus near Capilano Road and Marine Drive. The victim suffered a broken nose and jaw after being attacked around 3:30 a.m. last Sunday.

METRO NEWS SERVICES

metronews.ca
WHAT'S ONLINE TODAY

Video Gene Simmons and Shannon Tweed create a stir on Parliament Hill at **metronews.ca/canada**

Lotteries

Lotto 6/49	3, 5, 16, 26, 40 & 45 Bonus 31
BC 49	12, 13, 18, 28, 30 & 35 Bonus 4
Extra	4, 10, 44, 97

These results are not official.

Faces being studied

Researchers at the Telus World Of Science will be recording visitors' reactions at its newest exhibit, The Science Of Fear, for studies on facial characteristics. The results will help scientists improve facial recognition software and offer insight into how we interpret emotions. METRO VANCOUVER

Kits Beach pool turns 30

CELEBRATION The 30th birthday celebration for the Kits Beach pool is today.

Staff at the popular Vancouver cooling-off spot, located on English Bay in Kitsilano Beach, are marking the occasion with cake and prizes for pool patrons.

The city's only saltwater pool first opened at the water's edge in 1931. It was replaced by the current heated oceanside tank for $2.2 million in 1979.

The pool is operated by the Vancouver Park Board.

METRO VANCOUVER

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Petition disputes Iranian election

KARL YU
for Metro Vancouver

A local group of Iranian-Canadians and their supporters unveiled a green cloth scroll petition, approximately 60-metres in length, with well over 4,000 signatures in front of the Vancouver Art Gallery yesterday.

The scroll is part of a continued effort to dispute the legitimacy of Iran's recent election.

Iranians around the world are collecting signatures for a petition that states, "(Mahmoud) Ahmadinejad is not Iran's president."

Green was the colour used by Ahmadinejad's rival presidental candidate Mir-Hossein Mousavi.

In addition to supporting the fight for freedom in Iran, the petition could make the Guinness Book of Records — pending approval — as the world's longest petition, with scrolls from more than 185 cities being brought to Paris to be sewn together.

The combined scroll will be hung from the Eiffel Tower on July 26 — Amandinejad's inauguration.

KARL YU/FOR METRO VANCOUVER

Protesters tie green bands around their arms outside the Vancouver Art Gallery yesterday during a rally against the results of the recent election in Iran.

News in brief

CRASH An elderly woman driving the wrong way on Highway 99 appears to have caused two crashes. She died as a result of a head-on collision.

TRANSIT A funding shortage could force TransLink to delay or cancel construction of the promised Evergreen Line, news1130.com reports. The project would connect Coquitlam to Vancouver.

FIRE No one was injured in a fire that destroyed a house in West Vancouver, news1130.com reports. Firefighters say an explosion started the blaze.

METRO VANCOUVER

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Chinese student in Moncton, N.B., gets tuberculosis
A student from China, studying at the Moncton Flight College, is in serious but stable condition in a Moncton, N.B., hospital suffering from tuberculosis, CBC News Online reports. METRO NEWS SERVICES

Canada

Gatti funeral scheduled for Monday

A funeral service will be held Monday morning in Montreal for former boxing champion Arturo Gatti, left, CBC News Online reports. Gatti's mother said that his body is expected to be returned from Brazil on Friday and the service will take place in a church in the city's Little Italy district. Meanwhile, a lawyer representing Gatti's wife has asked that she be released from jail. She is currently facing murder accusations.
METRO NEWS SERVICES

Report berates CSIS

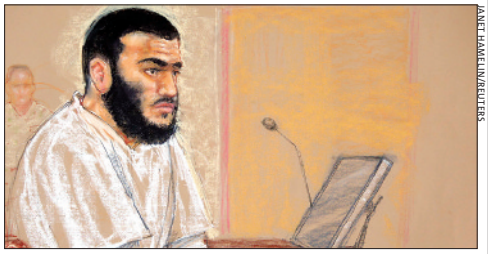
Spy agency should have considered age: Watchdog

Canada's spy service should have considered Omar Khadr's age and the widespread allegations of abuse before interrogating him in 2003, concludes an investigation by an Ottawa watchdog agency.

The Security Intelligence Review Committee report also revealed for the first time details from a CSIS post-interrogation report that said Khadr viewed al-Qaida "through the eyes of a child" who didn't know about his father's activities as a terrorist financier (according to the UN) because "he was out playing or simply not interested."

Released as Khadr appeared before a military commission in Guantanamo Bay, the report is the latest indictment in Canada's treatment of the Toronto-born captive.

Khadr was 15 when he was shot and captured in Afghanistan following a firefight with U.S. Special Forces and has now spent more than a third of his life in U.S. custody. He is charged with five war crimes, including murder for the death of U.S. Delta Force soldier Christopher Speer.


JANET HAMLIN/REUTERS

In this photo of a sketch Canadian defendant Omar Khadr sits during a hearing at the U.S. Military Commissions court for war crimes, at Guantanamo Bay, Cuba, on Jan. 19. Khadr is accused of killing a U.S. soldier in 2002.

The SIRC report said that while CSIS had "operational interests" in interviewing Khadr, the service failed by not having special guidelines for dealing with youths, or taking into consideration reports of abuse.

The SIRC report concluded: "In Canadian society, there is long-standing recognition that young people should be treated differently than adults because they have not attained certain decision-making skills and therefore require special protection and guidance."
TORSTAR NEWS SERVICE

Khadr's father

- The UN listed Khadr's father as a terrorist financier. Pakistani forces killed Ahmed Said Khadr in October 2003, but one of the reasons CSIS was eager to talk to Khadr was to gather intelligence on his father's whereabouts.

News in brief

PRANK An abduction case has revealed to be a case of misunderstanding, after police canceled their search for a 16-year-old Edmonton boy. The teen was ripped from a bench at a bus stop by two men, and pulled into a van on Tuesday afternoon, police said. Horrified witnesses contacted police. Those involved contacted police after seeing their prank portrayed as an alleged kidnapping on TV.
GRAHAM MCCANN/ FOR METRO CANADA

BANDIDOS TRIAL A former police officer plotted shooting a leader of the Bandidos Motorcycle Club dead when the outlaw biker stepped out on the balcony of his Toronto highrise apartment for a cigar, a mass murder trial was told by an underworld informer. The would-be sniper was Michael Sandham, according to the informer, who is now in a witness protection program and can only be identified as M.H. Sandham's intended target in April 2006 was John (Boxer) Muscedere, Canadian president of the Bandidos Motorcycle Club, M.H. told court.
TORSTAR NEWS SERVICE

2010 organizers prepare for flu

VANCOUVER
2010 **Games**

HEALTH Organizers of next year's Winter Olympics in Vancouver are hoping to get thousands of volunteers and staff vaccinated against the influenza A (H1N1) virus, also known as swine flu, a medical official said yesterday.

Organizers were already stockpiling antivirals and vaccine for next year's expected seasonal flu in Canada and are now talking with Canadian and international health authorities about how to respond to the global swine flu pandemic.

"We'll be doing a campaign trying to encourage all of our volunteers as well as our staff ... to get as many as possible vaccinated," said Dr. Jack Taunton, chief medical officer of the Vancouver Organizing Committee.

The 2010 Games to be held in the west coast city in February will draw athletes, officials and visitors from around the world.

They will also involve 25,000 volunteers and 5,000 VANOC staff. Vaccinations cannot be mandated in Canada, so Taunton said that, based on past medical experience, it is unlikely all of the volunteers and staff would agree to do it.

Vaccination of athletes is the responsibility of each country's national Olympic committees but Taunton said VANOC will be advising those committees about which flu viruses they should be protecting against.

The World Health Organization this week recommended healthcare workers should get priority access to H1N1 vaccinations to protect themselves.
REUTERS

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Dozens of doctors probed in Jackson's death

California's attorney general said yesterday his office has run dozens of doctors' names through its prescription drug database to aid police investigating the death of Michael Jackson. REUTERS

World/Business

Obama pushes on health care

Saying it was "time to get this done," U.S. President Barack Obama pressed yesterday for swift congressional action on health care after a Senate panel approved a bill to overhaul the $2.5 trillion industry.

Panels led by his Democratic Party have stepped up activity on legislation that would meet Obama's goal of guaranteeing all Americans health care coverage, but they remain far from resolving the thorniest issue — how to come up with about $1 trillion over 10 years in new taxes or savings to pay for it. The first of five congressional panels to act, the Senate health committee approved on a 13-10 vote legislation that would set up a government-run insurance program to compete with private insurers.

Obama

Obama praised the panel's action, but appealed to Americans to get involved, saying at the White House, "It's time for us to buck up Congress, this administration, the entire federal government, to be clear that we've got to get this done."

The Senate bill would require most Americans to obtain health insurance and require employers of more than 25 workers to provide coverage or face a $750 per worker penalty. Insurers could no longer bar people with pre-existing conditions.

Most Americans have health insurance that is partially paid by their employers, but an estimated 46 million have no coverage. Insurers oppose the government-run health plan and say it would not lead to lower costs for consumers.

The National Federation of Independent Business, who worked to derail President Bill Clinton's reform push in the early 1990s, warned lawmakers that the House bill would harm U.S. jobs and that it fails to meaningfully curb costs. REUTERS

Iranian plane crash claims 168 lives

IRAN A Tupolev aircraft crashed in Iran yesterday on its way to Armenia after catching fire in mid-air and plowing into farmland, killing all 168 people on board just 16 minutes after takeoff.

In the worst crash in Iran for six years, the Russian-built Caspian Airlines plane left only scattered bits of incinerated metal and fragments of the bodies of 153 passengers and 15 crew across a wide area around a deep smoking crater in the ground. Iranian media said two black boxes were recovered from the plane, giving no further details.

Eight members of Iran's national junior judo team and two coaches were among the dead as well as a former Iranian MP representing Iran's Armenian minority and, reportedly, the wife of the head of Georgia's diplomatic mission in Iran.

ISNA/REUTERS

A man stands at the site where a Tupolev Tu-154 passenger plane crashed in Iran yesterday.

"I saw a finger of a passenger on the ground. There is no sign of the airplane, just small pieces of metal," said a witness. "I do not see even a complete leg or arm."

A local official said the aircraft had technical problems and tried to make an emergency landing. "Unfortunately the plane caught fire in the air and it crashed," he told the the FARS news agency.

Air safety experts have said Iran has a poor record, with a string of crashes in the past few decades — many involving older Russian-made aircraft.

It was the third deadly crash of a Tupolev Tu-154 in Iran since 2002. REUTERS

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Rights activist found murdered

RUSSIA A prominent human rights activist was found dead after being kidnapped in Russia's troubled republic of Chechnya yesterday. Natalia Estemirova worked for a human rights organization and documented abuses by law enforcement agencies, colleagues said. The murder is the latest in a series of killings of journalists and human rights defenders in Russia which has drawn international condemnation. REUTERS

Business

BMO revamps card portfolio

Bank of Montreal is revamping its credit card portfolio, eliminating some cards while boosting rewards and discounts on others, as it tries to snag a bigger slice of Canada's growing card market.

Toronto-based BMO, a MasterCard issuer, aims to poach market share from American Express in the competitive "no-fee" card category and from CIBC in the cutthroat travel card segment.

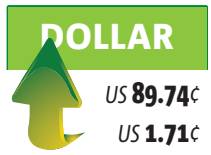
Nancy Marescotti, director of brand marketing and card management, said yesterday that BMO wants to move its cards to the "top-in-wallet spot." Its strategy to capture more market share, however, comes when rivals have chosen to curb card lending because of rising losses.

CIBC, which holds Canada's largest credit card portfolio, hit the brakes on growth during the second half of fiscal 2008. Canadian Tire lowered limits for inactive cardholders, while TD Canada Trust cracked down on late payers. Amex Bank of Canada, meanwhile, raised rates on some American Express cards.

Earlier this year, BMO boosted collections staff and began to proactively identify "high-risk" accounts. The bank is now taking a longer-term view of growth in its bread-and-butter retail bank. Enhancing its cards is part of that larger strategy. TORSTAR NEWS SERVICE

Dollar soars to one-month high, nears 90 US cents

CURRENCY Canada's dollar vaulted to its highest level against the U.S. dollar in more than a month yesterday, helped by improved hopes for a global economic recovery and equity-market rally that fuelled risk appetite.



Late in yesterday's session the dollar rose as high as $1.1117 to the U.S. dollar, or 89.95 U.S. cents. That marked its highest level since June 12 and lifted it further above last week's seven-week low.

The dollar closed at $1.1143 to the US. dollar, or 89.74 U.S. cents, well up from $1.1360 to the U.S. dollar, or 88.03 US cents, on Tuesday.

Helping to buoy the Canadian dollar was increased optimism about a global recovery after the U.S. Federal Reserve said the U.S. recession was ending. REUTERS

Business in brief

GAMING Large game publishers are going head-to-head with smaller developers who found early success offering cheap or free games via iPhone. Apple's App Store is crowded with 3,000 games — many from tiny developers — and gaining the attention of consumers is a challenge, one better handled by publishers with marketing budgets.

FORECAST The world's richest economies will grow again before year-end as the worst recession in generations eases, but surveys of more than 150 analysts across the Group of Seven nations showed that expectations for 2010 remain sluggish.

AUTO Former General Motors chairman and chief executive Rick Wagoner, ousted in March by the Obama administration, will retire in August with a package worth $8.6 million US in the first five years — about 60 per cent lower than it would have been before GM's government-funded bankruptcy. REUTERS

Isles reach deal with Tavares
The foundation of the New York Islanders' rebuilding project has been put into place as the team signed centre John Tavares to a three-year, entry-level contract yesterday. METRO NEWS SERVICES

7

Sports

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

ERIC GAILLARD/REUTERS

A pack of riders, including AG2R-La Mondiale rider and leader's yellow jersey Rinaldo Nocentini of Italy, left, cycles through a town during the eleventh stage of the Tour de France yesterday. Astana teammates Alberto Contador and Lance Armstrong remain in second and third, respectively.

Sprint expert takes 11th stage at Tour

Mark Cavendish strengthened his grip on the Tour de France sprints when he won the 11th stage yesterday to equal Barry Hoban's British record of eight victories in the world's greatest race.

The Isle of Man rider outsprinted American Tyler Farrar and Yauheni Hutarovich of Belarus at the end of a 192-kilometre ride from Vatan to St Fargeau to take his fourth win in this year's Tour.

"It was slightly uphill, so we knew it would be a different sprint and we adapted to that situation," Cavendish told a news conference.

"We had to deliver me later so we had four guys in the last kilometre instead of two. Again, it was just beautiful the way the guys led me."

"It was slightly uphill, so we knew it would be a different sprint and we adapted to that situation." Mark Cavendish, stage winner

Asked whether he felt there was no opposition on the field, Cavendish said: "It is a massive, massive insult to say the guys are weak."

Hoban won his eight stages from 1967 to '75, the last at the age of 35, while the 24-year-old Cavendish is taking part in only his second Tour.

Italian Rinaldo Nocentini retained the overall leader's yellow jersey six seconds ahead of Spain's Alberto Contador with American Lance Armstrong in third place eight seconds off the pace.

Briton Bradley Wiggins moved back up to fifth after the race jury decided to cancel a 15-second gap between two bunches in the final part of Tuesday's stage.

Communications between sports directors and their riders were allowed after Tuesday's experimental ban. REUTERS

Sports in brief

SOCCER Four Vancouver Whitecaps players — Jodi-Ann Robinson, Carmelina Moscato, Chelsea Stewart and Shannon Woeller — have all been called up to Canada's women's national team for a set of friendlies against the U.S.

BASEBALL The World Series champion Philadelphia Phillies made it official yesterday and signed veteran pitcher Pedro Martinez.

FOOTBALL The San Francisco 49ers unveiled details of their proposed $937-million-US stadium south of San Francisco that would seat 68,500 and include solar panels and a green roof.

METRO NEWS SERVICES

Lions looking for first win

CFL PREVIEW

B.C. at Edmonton

TONIGHT, 6 P.M.
TSN/TEAM 1040

After dropping a close game at home to Hamilton last week, the 0-2 B.C. Lions are still searching for their first win of the season. They get another shot on the road tonight in Edmonton against the 1-1 Eskimos.

WHYTE SEES ACTION: Local product Sean Whyte will be kicking for the Lions, who will be without kicker Paul McCallum due to a torn MCL and PCL in his right knee. McCallum is expected to be out for 6-8 weeks.

CONTAINING DOUBLE R: The Leos defensive line needs to create pressure on Eskimo QB Ricky Ray who will likely be going to the air as Edmonton's run game took a big hit a few weeks ago losing RB Jesse Lumsden to injury.

DANIEL HENDRIKSON /FOR METRO VANCOUVER

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Comment

Success is all in the approach ... or not

A man walks into a bar. He spots a seated brunette that he'd very much like to get to know. He approaches, says something witty, offers to buy her a drink. Looking bored, she declines. She's waiting for some friends. Thanks for the offer, though.

"Shot down!" he thinks. "Women in this city are so cold."

It's been long believed that women are pickier than men when selecting sexual partners. This makes perfect sense from a biological standpoint; women have more at stake. When it comes to reproduction, females invest nine months, plus 18 or so years of child rearing. Men invest approximately nine minutes. That women are more discerning than men about their choice of mate seems logical. But a new study published in Psychological Science puts this idea through the ringer.

On the web

- For more views on relating, go to Love Bytes at metronews.ca/blogs

In their study on romantic selectivity, Eli J. Finkel and Paul Eastwick put a fascinating spin on the activity of speed dating. Generally, women are seated during speed-dating events while men rotate around the room, a trend that likely stems from the social construct that men typically initiate approach. Finkel and Eastwick experimented by also having the women rotate while the men remain seated. At the end of the sessions, they had the participants indicate their levels of interest in the people they "dated." The results were surprising. No matter the gender, the Rotaters demonstrated a higher interest in the people they approached than the Sitters demonstrated in the people who approached them.

Wait, what?

"It's true that we approach people when we're interested in them," Finkel told Metro via email. "A more subtle effect is that the mere act of approaching people makes us interested in them. Our bodies influence our mind in mysterious ways, and one of them is this effect of physically approaching on romantic attraction … perhaps women tend to be choosier than men because they (women) are much less likely to engage in physical pursuit — for example, by approaching a man in a bar." Approaching someone increases adrenaline, confidence and triggers a host of other physiological and psychological reactions the person being approached does not share.

Don't let this study deter you from chatting up the dreamy dreamboat of your dreams, however. As The Great One once said: "You miss 100 per cent of the shots you don't take." But maybe the next time you're interested in someone, you can beckon them over, seated comfortably at your table all the while.

Sofi Papamarko is a 20-something writer based in Toronto. Her heroes include Desmond Morris and Nancy Sinatra.

Views

First Nations and economic independence

The importance of economic independence for First Nations starts with a basic proposition: Individual band members must be provided an opportunity to provide for their families through self generated income, not be forever dependent on underfunded federal grant programs.

What good will it be if a First Nation receives wealth from oil and gas money, casino money or government transfer payments, or a one-time multi-million-dollar land claim settlement if a majority of their people remain on welfare?

A band does not owe its membership dependency on welfare programs but rather it owes them an opportunity to become economically independent through employment and business development.

The success of a First Nation community within the Canadian economic framework cannot be attained until there are equal chances for First Nations to be educated and provided with an opportunity to put their training to work. Nothing rips a nation state apart more and causes dependency than an unemployed population. The idleness of unemployment is a major sickness in most First Nation communities.

An employment economy creates a healthier population than handouts. Many native youth are being slowly destroyed by the absence of real employment opportunities. Offering youth a welfare cheque leads to a sense of hopelessness and a lazy attitude.

FocusOn FirstNations

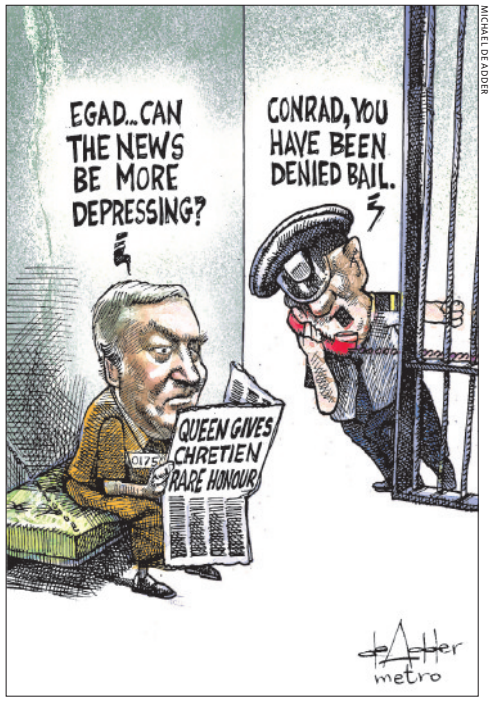
When an individual gains economic independence, just as when a First Nation gains economic independence, then good health in a holistic lifestyle becomes possible.

The Assembly of First Nations is one of many venues in which we must present a united front to Canadians and the Canadian government to organize economic opportunities for First Nations. The AFN's role should not be to "complain" about our situation, but to "proclaim" our intention to develop our resources, seek out joint ventures and strengthen our economy so we can manage our own future and reclaim our inherent right as First Nations to fully participate in the economic development of our traditional territories.

I have said it many times, "There is no dignity in a welfare line" and the best social program is a decent self-supporting job.

We ask business leaders and entrepreneurs, corporate Canada and their bankers to work with us to ensure that a decade from now self generated income for First Nations in Canada has outpaced the welfare dollars sadly provided to First Nations.

Chief Clarence Louie heads B.C.'s Osoyoos Indian Band, where he initiated development of nine businesses on band lands.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Chairsource's take on noir
Here's another item from Chairsource's Modern Noir line of furnishings. Chairsource offers residential, contract and commercial options for its wide array of furniture. See chairsource.ca for more. METRO NEWS SERVICES

Metro Homes

A source for chairs

Featuring some of the most exciting and eclectic collections of furniture available, the new line from Chairsource, near Toronto, offers even more cutting edge selection, such as this item from their Modern Noir line. See chairsource.ca for more.

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Affordability in beautiful Victoria

Affordability has been kept at top of mind at a new downtown Victoria development.

The 834, a 14-storey glass, steel and concrete structure, is being priced at about 15 to 20 per cent less than originally planed due to construction cost savings.

Prices start at $198,900 for one-bedroom suites designed to maximize living space and range to $600,000 for two-bedroom units.

The project, by Chard Development, is being touted as part of the revitalization of the northern district of downtown Victoria and is the company's third major residential development in the area.

It's situated within walking distance to various shops and restaurants.

Dave Chard, president of Chard Development, said Victoria is a "spectacular place to live or spend a long weekend."

"Moving forward with The 834 is about more than just selling suites — we're keeping the neighbourhood moving forward in a very positive way while keeping our valued team of contractors, architects, engineers and business partners working," Chard said.

Construction on The 834 is scheduled to start this fall with completion planned for 2011. Suites range in size from 418 to more than 1,000 square feet.

METRO VANCOUVER

The 834 is located in the heart of Downtown Victoria, amidst trendy shops and restaurants. The modern design features floor-to-ceiling windows and open outdoor spaces.

The details

- The 834 features a multi-purpose room with kitchen and big-screen theatre opening onto a landscaped courtyard terrace and barbecue area.
- The building also has an organic rooftop herb garden and seating area with city and water views
- For more information on The 834 visit the834.com.

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STYLE CONTENT BY ELLE CANADA, SEE MORE AT: **ellecanada.com**

ELLE CANADA

Style

Canada's got style! We've chosen the top boutiques, bars and bistros, only in our August issue!

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

PAS DE DEUX

Kirsten Owen, the ethereal Ontario-born model, has been muse to such heavy hitters as Helmut Lang, Steven Meisel and, for the past two years, Toronto designer Lida Baday. "I consider her an artist in her own right," says Baday, who saw Owen for the first time on a catwalk in the mid-'80s.) They met on the set of Baday's Spring 2008 campaign, art-directed by Diti Katona and shot by Chris Nicholls. "I've worked with Diti and Chris for years," says Baday. "Hours into that first shoot, Kirsten was part of the team." The admiration is mutual. "I love that they shoot me as I am — with no retouching," says Owen, praising Baday's clothes as "modern Audrey Hepburn with attitude."

Nuworld Botanicals Sweet Dreams Multi-Nutritive Oil for Bath, Body and Hair, $34

THE DROWSY CHAPERONE

Toronto-based Nuworld Botanicals has a new line of aromatherapy products, including one for the sleep-challenged. Sweet Dreams, a blend of calming essential oils like lavender and camomile, does triple duty as a bath, hair and body oil. Changing your sleep habits can also help, says Dr. Mahalia Freed, owner of Dandelion Naturopathic Clinic in Toronto. Try using the bed for sex and sleep only and hitting the sack at the same time every night, suggests Freed.

ACT NATURAL

The latest mineral makeup delivers an airbrush finish with SPF

Lancaster Infinite Bronze Easy Face Bronzer Blush SPF 12, $32

Giorgio Armani Sienna Minerals Palette, $65

Prescriptives All Skins Mineral Makeup SPF 15 in Warm Light, $42

CoverGirl TRUblend MicroMinerals Bronzer in Natural Bronze, $14

Clinique Almost Bronzer SPF 15 in Medium/Deep, $28.50

Faces Sheer Glow Mineral Powder SPF 25, $24

Quo Minerals Matter Blush in Peach Blossom, $20

Lancôme Ageless Minerale Perfecting and Setting Mineral Powder, $30

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Budget shortfall
Only 29 per cent of women say they budget or estimate how much a weekday dinner will cost, and a staggering 10 per cent of women flat out refuse to eat leftovers, according to a new poll from ShopSmart magazine, from the publisher of Consumer Reports. METRO NEWS SERVICES

Food

Mike's Hard Pink Lemonade has partnered with Canadian Breast Cancer Network (CBCN), to raise funds in support of its important work. METRO NEWS SERVICES

Cheers!
Twenty-five per cent of the profit from the sales of Mike's Hard Pink Lemonade will go to the CBCN.

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

Avocado, apples and cake

Pork Fillet with Apple Mustard Sauce and Welsh Hot Butter Cake.

Avocado and Watercress Cream
SERVES 4

INGREDIENTS:
- A bunch of watercress
- A few sprigs of parsley
- A few scallions
- 1 clove garlic
- 1 lemon
- A few basil leaves
- 4 tbsp (60 ml) olive oil
- 2 large avocados
- Salt and black pepper
- 1 tbsp (15 ml) green peppercorns in brine

METHOD:
Discard stalks from watercress, then rinse and dry leaves. Rinse and dry parsley and strip leaves from stems.

Rinse scallions, chop off green tops, leaving whites for another dish, and put greens into blender or food processor with parsley and watercress.

Peel garlic and crush into parsley and watercress. Wash wax from lemon, grate rind, squeeze out juice and add both to blender. Rinse and dry basil leaves, then chop some and set aside for garnish. Add remaining leaves to mixture with olive oil.

Halve and pit avocados. Leaving shells intact, spoon flesh into blender and season. Process until smooth.

Spoon purée into shells, sprinkle with peppercorns and reserved basil, and serve.

Pork Fillet with Apple Mustard Sauce
SERVES 4

INGREDIENTS:
- 3/4 cup (175 ml) chicken stock
- 1 1/3 lb (600 g) pork fillet
- 2 small dessert apples
- 4 scallions
- 2 tbsp (25 ml) olive oil
- 1 tbsp (15 ml) all-purpose flour
- 1 sprig of fresh thyme
- 3 tbsp (45 ml) wholegrain mustard
- Salt and black pepper
- 5 tbsp (75 ml) heavy cream
- 2 tbsp (25 ml) Calvados or brandy

Garnish:
- 4 sprigs of thyme

METHOD:
Put chicken stock on to warm through. Trim off fat and tissue from pork fillet, then cut into 1/2 in. (1 cm) slices.

Rinse, quarter, core and slice apples, and rinse, trim and chop scallions. Set aside.

Heat oil in large frying pan, add pork fillet slices and fry over high heat 1 minute per side or until meat is very lightly browned.

Stir flour into pan and cook 2 minutes, stirring. Then add onions and stock and bring to boil, still stirring.

Rinse and dry 1 sprig of thyme, then strip leaves and add to pan with apples and mustard, salt and pepper. Continue cooking over moderate heat 4 minutes, or until pork is cooked through.

Stir cream into sauce, then simmer gently 2 minutes. Pour in Calvados or brandy, increase heat slightly and cook gently 2 minutes, then transfer onto four individual plates to serve, and garnish each with sprig of thyme.

Welsh Hot Butter Cake
SERVES 8

INGREDIENTS:
- 1/4 lb (125 g) salted butter, at room temperature
- 1/3 cup (75 ml) sugar
- 3 large eggs
- 1 cup plus 1 tbsp (265 ml) self-raising flour
- 4 tbsp (60 ml) golden raisins
- 1 tbsp (15 ml) milk

Topping:
- 2 1/2 tbsp (30 ml) salted butter, at room temperature
- 2 tbsp (25 ml) brown sugar
- 1/2 tsp (2 ml) ground cinnamon

METHOD:
Preheat oven to 375 F (190 C). Grease 8 in. (20 cm) round non-stick cake pan with a little of the butter and line base with baking paper.

Using an electric whisk, cream remaining butter and sugar in bowl, until light and fluffy. Beat in eggs, one at time, then fold in flour. Add raisins and milk and mix. Spread mixture in pan. Bake cake in centre of oven 15–20 minutes, until is well risen, firm and golden.

For spiced butter topping, put butter into mixing bowl with brown sugar and cinnamon and mash together.

When cake is done, remove from oven and spread butter over top. Leave to stand until butter has soaked in, then remove from tin, cut into wedges and serve.

rd.ca
For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

LiquidAssets

Peter Rockwell
metronews.ca/liquidassets

Viva Italia!

While riding our roller-coaster economy has made many wine aficionados queasy enough to turn to inexpensive juice from North and South America; the lone Old World country that seems to be keeping its customer base on track is Italy.

Much of Italy's success comes from its ability to be just about everything to everybody. It's a long country with twenty different regions and three distinctive climate zones, which allows it to produce a wide variety of wines that are — for the most part — very consistent and extremely approachable right out of the bottle.

Italian grapes and geography have become synonymous with wine culture. I mean, even a diehard rum drinker has heard of Tuscany's Chianti region. That familiarity has made rich, plummy wines like **Frescobaldi's 2005 Nipozzano Chianti Rúfina Riserva ($21.75 - $27.95)** modern classics.

Though Pinot Grigio is now grown just about everywhere, **Santa Margherita's 2007 Pinot Grigio ($16.95 - $21.25)** was the first to bring the grape to the masses; making its clean, crisp personality a benchmark for Italian whites and opening the door for hundreds of imitators.

Try either with some homemade pasta or a pie from your favourite pizza joint.

Prices reflect the range across the country. Some products may not be available in all provinces.

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

On the web

Global Peasant:
- Travel along with Diane Thompson's culinary adventures in her Global Peasant blog.
- Visit metronews.ca/global-peasant to read Diane's recipe for raw sushi.

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This Saturday, taste the city
Drop by the 7th Annual Taste of the City this Saturday, a one day outdoor feasting frenzyand sample the culinary creations of some of Vancouver's top restaurants. Admission is free at the PNE Fairgrounds (Near The Agrodome), noon until 8 p.m. METRO NEWS SERVICES

Urban Foodie

5 top fondue spots for retro dining

ANYA LEVYKH
anya.levykh@gmail.com

It's summer (sort of) and digesting a multi-course feast occasionally feels a bit much. Fondue was way popular back in the '70s, and — like every other trend from that campy decade — is set to make a comeback today. Sure, you could invest in the pot and skewers and DIY, but why? There are enough places in town that offer a great cheese — or chocolate — experience without you having to worry about burning the Callebaut. Here are a few places to try out for a bit of hippy-dippy communal dining.

The Place: Au Petit Chavignol
The Fondue: Savoyarde cheese blend
The Price: $20 small/$38 large
Comes with: Cornichons, silver onions, bread; optional kielbasa, fingerling potatoes.

Savoyarde is a typical French blend of three cheeses — Gruyère, Emmental and Beaufort. The good folks at Au Petit like to mix things up now and again, so the blend can change from week to week. The only consistent part is the taste — rich, aromatic and dee-licious. Comes in two sizes. The small is perfect for two, and make sure to order the grilled kielbasa.

845 EAST HASTINGS ST.
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AUPETITCHAVIGNOL.COM

The Place: Afterglow Lounge
The Fondue: Smoked applewood cheese
The Price: $10 per person (minimum two people)
Comes with: French baguette, lamb chops, braised short ribs, yam fries, fruit.

It's usually cheddar, but can change now again, according to the whim of the chef. This is not fondue for the faint-of-meat, so get your incisors ready. The yam fries are inspired, with or without the cheese, and you can order more if necessary. You just might not have room.

1079 MAINLAND ST.
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GLOWBALGRILL.COM

The Place: Burgoo Bistro
The Fondue: Brie cheese
The Price: $13
Comes with: Bread, grape tomatoes, apples, grapes.

Blended with white wine, roast garlic, honey and thyme, this might be the least calorie-conscious meal you ever have. But that fact is nicely balanced out by the sheer enjoyment of dipping anything into the big bowl of thick, gooey cream. If you run out of things to skewer, they will happily refill your bread basket.

MULTIPLE LOCATIONS
BURGOO.CA

The Place: Yew Restaurant

ANYA LEVYKH/FOR METRO VANCOUVER
Savoyarde cheese fondue at Au Petit Chavignol.

The Fondue: Milk chocolate
The Price: $10 per person (minimum two people)
Comes with: Almond-hazelnut biscotti, marshmallows, pineapple brulée, mini cranberry-cheese cupcakes, frozen grapes.

Possibly one of the most decadent and luxurious chocolate fondues in the city. And that's without taking into account the impressive sides. The frozen grapes stay chilled after being dipped, and the combination of hot and cold is worth the potential toothache. The only thing sweeter is the price.

791 WEST GEORGIA ST.
604-692-4939
FOURSEASONS.COM/VANCOUVER

The Place: Mink a Chocolate Café
The Fondue: Milk or dark chocolate
The Price: $9
Comes with: Graham wafers and marshmallows.

Remember the taste of those s'mores you ate around the campfire as a kid? The gifted folks at Mink sure do, so they provide you with a mini hibachi so that you can toast the marshmallows before you mush them between your chocolate dipped graham crackers. Or you could mush first, and then dip…yeah, let's do that.

863 WEST HASTINGS ST.
604-633-2451
MINKCHOCOLATES.COM

On the web

- Read the full article online at metronews.ca/vancouver/columnist/40411.
- Chew more on Anya's blog at metronews.ca/vancouver/blog/136310.

ADVERTISING FEATURE

Urban Eats

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Open for breakfast, lunch and dinner, Medley's Restaurant is a popular spot with a friendly, casual atmosphere. Favourite dishes at Medley's Restaurant include pizza, Medley's clubhouse sandwich and daily features from our award-winning chef. A Hearty Best-4-breakfast buffet is served everyday starting at 6:30 a.m. Don't forget that children under the age of 12 eat free when accompanied by an adult.

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Urban Eats runs Thursdays in Metro.

50 Cent squares off against Jay-Z
Rapper 50 Cent is preparing to go head-to-head with Jay-Z. He's reportedly releasing his new album on the same day as the hip-hop heavyweight — Sept. 11. 50 Cent did the same thing with Kanye West in 2007. FEMALEFIRST.CO.UK

Entertainment

Moving on
According to In Touch Weekly, Jon & Kate Plus 8 star Jon Gosselin has proposed to Hailey Glassman, just weeks after his estranged wife Kate filed for divorce. POPEATER.COM

EDITOR: DEAN.LISK@METRONEWS.CA

●●●●● A CLASSIC; ●●●●○ EXCELLENT; ●●●○○ GOOD; ●●○○○ FAIR; ●○○○○ POOR

Billy Talent takes major step

Billy **Talent**

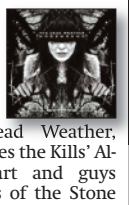
Album: Billy Talent III
Label: Warner
Rating: ●●●●○

WHETHER THEY DESERVE it or not, the dreaded pop-punk tag has been following Billy Talent around for years. It's been a tough label to shake, but on their third release they've finally done it. The new record is a major step forward for the band, who've traded their catchy, sometimes juvenile pop, for massive Sabbath-like riffs. The first half of the disc is filled with meaty songs and intricate harmonies, showing a growing band. They fall into some old habits on the second half, but let's hope this louder, more metal (but still poppy) Billy Talent is here to stay.

Bryan Borzykowski/for Metro Canada

The Dead **Weather**

Album: Horehound
Label: Warner
Rating: ●●●●½



ANY ACT WITH the gifted Jack White could be considered a supergroup, but the Dead Weather, which includes the Kills' Alison Mosshart and guys from Queens of the Stone Age and The Raconteurs, really is one. The band's debut is a gothic-blues rock assault, with big riffs, creepy piano and weird guitar sounds making up the bulk of the music. Mosshart tackles most of the vocals, though the best moments are when her and White — who's on drums — sing together. While it's not as good as the musicians' other projects, it's still a fun and intriguing listen.

Bryan Borzykowski/for Metro Canada

Kenya's**Style**

Kenya Hunt
Read the blog at metronews.ca/kenyasstyle

Music**Reviews**

music@metronews.ca

God Made **Me Funky**

Album: Welcome to Nu Funktonia **Label:** New Empire
Rating: ●●●●○

THIS COULD EASILY have been just a very fine retro-soul-funk album by a remarkable eight-piece band that's been electrifying Toronto-area dance floors for more than a decade. Instead we get a delightful merger of old-school hand-clapping funkadelic with contemporary electronic beats. It's funk through the ages, a regular funkology. There's guest spots by Seven Day Lover singer Jully Black and Swollen Member Moko Only, as well as a collaboration with all three members of '70s suburban rockers Triumph. Yes, brothers and sisters, we've all been given the gift of funk. Everything else is merely a question of self-repression. C'mon, Get down, Get out. Huh.Huh.Huh. This is a party you don't want to miss.

Graham Rockingham/for Metro Canada

WARNER MUSIC PHOTO

Billy Talent III is a major step forward for the Toronto-based rock band, who've traded their catchy, sometimes juvenile pop, for massive Sabbath-like riffs. The album is now available in stores.

Daughtry

Album: Leave This Town
Label: RCA/Sony Music
Rating: ●●½

IT'S ONLY CHRIS Daughtry's second album and he's already settled into a corporate template that's interchangeable with his own debut and the last three Nickelback CDs. The label even hooked him up with Chad Kroeger for two tracks, including the uber-earnest rock ballad No Surprise. It's not polite to hit on a guy for making a record that's sure to appeal to fans, but the sameness of it all becomes irritating before the end of the third track.

Graham Rockingham/for Metro Canada

	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 7/16/09	251	308	3 CBC	Coronation St.	Jeopardy! (N)	Doc Zone (CC)		Doc Zone (CC)		CBC News: The National (N)		(:05) The Hour
	255	358	6 JOY	E! News (N)	The Insider	How I Met	'Til Death (N)	Maxim's Hot 100 (N) (CC)		The Beast "Capone" (N)		News (N)
	254	-	8 M	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition		News: Cantonese Edition		Omni News: Punjabi Edition		Metropia
	250	321	9 CTV	etalk (CC)	Hollywood	CSI: Crime Scene Invstgtn.		So You Think You Can Dance		(:01) The Listener "Iris" (N)		News (N)
	-	-	10 OMNI	The Daily	Frasier (CC)	Smallville "Committed" (CC)		Supernatural (CC)		Scrubs (CC)	Diya (CC)	New Day
	252	336	11 GTV	Entertainment	ET Canada	Big Brother 11 (CC)		The Office	The Office	House (CC)		News (N)
	256	389	12 VI	The Road to Avonlea		JK Rowling		Greek "Mr. Purr-fect" (CC)		(:02) Private Practice (CC)		News (N)
	253	359	13 CITY	Law & Order: SVU		30 Rock	Less-Kind	According-Jim	30 Rock	Law & Order: UK "Paradise"		The CityNews
	-	-	14 CW	Deal-No Deal	Deal-No Deal	Smallville "Committed" (CC)		Supernatural (CC)		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	Big Brother 11 (CC)		CSI: Crime Scene Invstgtn.		(:01) The Mentalist (CC)		News (N)
	287	379	16 NBC	Evening Mag.	Inside Edition	30 Rock	The Office	The Office	(:31) 30 Rock	(:01) The Listener "Iris" (N)		News (N)
	602	568	19 W	Style by Jury	Friends (CC)	Divine Design	House	Confidential	House	Divine Design	Love It-List It	House
	288	380	21 ABC	Wheel-Fortune	Jeopardy! (N)	JK Rowling		Grey's Anatomy (CC)		(:02) Private Practice (CC)		KOMO 4 News
	-	-	28 KVOS	M*A*S*H	Seinfeld	Sunstorm (2001, Action) Bo Derek, Stacy Keach, Ray Raglin.				King	Still Standing	Scrubs (CC)
	291	383	27 PBS	Steves Europe	Field Guide	Doc Martin (CC)		Kingdom (CC)		Masterpiece Mystery! (CC) (DVS)		
	290	382	23 FOX	Two/Half Men	Two/Half Men	Bones (PA) (CC)		So You Think You Can Dance		News (N) (CC)		Family Guy
	-	364	26 PBS	MI-5 "The Seventh Division"		Red Green	Being Served	Tavis Smiley	Charlie Rose (N) (CC)		This Old Hse.	Yankee Shop
	296	654	24 SBK	Frasier (CC)	Frasier (CC)	Punk'd (CC)	South Park	Cheers (CC)	Half & Half	Paid Program	Family Court	Work Home
	298	653	25 TLA	Two/Half Men	Two/Half Men	Smallville "Committed" (CC)		Supernatural (CC)		KTLA Prime News (N) (CC)		Friends (CC)
	295	651	33 WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	According-Jim	Sex and-City	Friends (CC)	Friends (CC)	My Wife-Kids
	297	652	57 WPX	PIX News at Ten Tong. (N)		Two/Half Men	Friends (CC)	Sex and-City	According-Jim	Frasier (CC)	Frasier (CC)	Odd Couple
	199	311	66 STR	News (N)	News		Late Show-Letterman		Late Late Show		Will & Grace	Seinfeld
news	502	390	63 NW	The Nature of Things (CC)		CBC News: The National (N)		CBC News: The National		The Nature of Things (CC)		National
	500	500	63 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	62 RSP	Best Damn Sports Show		Boxing				Sportsnet Connected (Live)		Sportsnet
	400	400	60 TSN	(6:00) CFL Football BC Lions at Edmonton Eskimos. (CC)				SportsCentre	Score Golf Television Special		Poker	SportsCentre
	411	457	49 OLN	Cycling: Tour de France		Cycling Tour de France -- Stage 12. From Tonnerre to Vittel. (CC)						Departures
	410	403	64 SCR	Score Tonight		Final Score	Final Score	Final Score	Final Score	Final Score	Final Score	Final Score
	417	406	65 SC	Wrecked (N)	Wrecked	Pimp My Ride	Pass Time	Pinks -- All Out		Jacked!	Jacked!	Wrecked
	416	409	144 GLF	Fútbol Español		Toronto-Today	Gol TV News	Toronto	Toronto-Today	Gol TV News	Gol TV News	Gol TV News
family	552	543	29 YTV	Family Biz	Prank Patrol	Malcolm-Mid.	Futurama	In Real Life Firefighting skills.		Falcon Beach "Trust This"		Mystery Hnt.
	555	545	50 TEL	Jimmy Two	Total Drama	6TEEN	6TEEN	Futurama	The Invincible Iron Man (2007) Voices of Marc Worden.			
	557	541	51 FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
	553	546	55 TRE	Comfy Couch	Zigby	Max & Ruby	Babar (CC)	Backyard	Ni Hao	Go, Diego, Go!	Franklin (CC)	Comfy Couch
cable variety	268	354	5 KNO	Moon Machines (CC)		Voyage-Zheng		Art	Lost Gods	World of Albert Kahn		On Screen
	575	583	20 CMT	Hope & Faith	Hope & Faith	Tuckerville	Wilkinsons	Home Imp.	Home Imp.	Reba (CC)	Reba (CC)	Hope & Faith
	570	580	42 MM	Video on Trial	Born to Be	One Tree Hill (CC)		Paris Hilton's My New BFF		Technical Diff.	Technical Diff.	Spotlight
	600	564	43 H&G	House	House	Holmes on Homes (CC)		Disaster DIY	Big Amazing	Handyman Superstar		House
	615	520	61 A&E	Crime 360 "In Broad Daylight"		Crime 360 "Run & Gun"		The First 48 (CC)		The First 48 "Last Wish"		Crime 360
	628	584	82 SPKE	(6:00) TNA iMPACT!		Jesse James Is a Dead Man		MANswers	GameTrailers	MANswers	MANswers	MXC (CC)
	521	560	44 TLC	LA Ink "Stranger in My Shop"		LA Ink "Kat's Back" (CC)		LA Ink "Stranger in My Shop"		Lottery Changed My Life		Sports Dis
	616	522	69 SHO	The Outer Limits (CC)		Love-Death	Love-Death	Lethal Obsession (2007, Suspense) Kellie Martin. (CC)				House (CC)
	620	523	70 BVO	(6:00) Wilby Wonderful ★★		Law & Order "Executioner"		Without a Trace (CC)		Laurel Canyon ★★ (2002, Drama) (CC)		
	601	562	41 SLC	Bulging Brides	Bulging Brides	ET Canada	Til Debt-Part	Real Housewives OC		Trading Spouses		Biggest Loser
	520	505	42 DIS	MythBusters "Blind Driving"		Daily Planet (CC)		In the Shadow of the Moon (CC)				MythBusters
	522	506	44 HIS	NCIS "Dead and Unburied"		Ancient Discoveries (CC)		Lost Inventions (CC)		NCIS "Dead and Unburied"		Marine Mach.
	627	528	45 SPC	(6:00) Descendant (2003)		Stargate SG-1 (CC) (DVS)		Star Trek: Next Gener.		Star Trek: Voyager (CC)		Star Trek: Ent.
	294	650	47 TBS	Men in Black ★★★ (1997) (PA) Tommy Lee Jones. (CC)				Sex and-City	Sex and-City	(:10) Honey, I Blew Up the Kid ★★ (1992)		
	619	525	48 TROP	Traders "Independence Days"		Inside Hollywood (CC)		Seinfeld	Raymond	Family Guy	Seinfeld	Seinfeld
	603	561	52 FN	Ace of Cakes	Ace of Cakes	Boys	The Wild Chef	Unwrapped	Unwrapped	Jamie's Kitchen (CC)		Ace of Cakes
	626	547	57 COM	Air Farce	22 Minutes	22 Minutes	Corner Gas	The Simpsons	South Park	Comedy Now Sean Lecomber.		Daily Show
	320	621	30 CEN	Cyborg	(:35) Cloverfield ★★★ (2008) (CC)			The Line (CC)		Penn & Teller	Nurse Jackie	Bruce
	581	566	101 MTV	Canada's Next Top Model		MTV Live	After	The Real World "Cancun"		Canada's Next Top Model		MTV Live
	261	394	102 V	(6:00) Space Cowboys ★★★ (2000)			Divine Restor.	The Day the Earth Stood Still ★★★ (1951) Michael Rennie.				Paid Program
	-	-	105 MUL	Banquet	Kingdom-Wind	Vancouver	Bahadur-Zafar	Dheeyan Ghar	Sadabahar	Rang Barangi	Desi Rhythms	Patrol World

critics'corner

30 Rock
Pete (Scott Adsit) forgets Valentine's Day as the cast, stricken by some iffy sushi, pulls an all-nighter to put together a new show. Romance starts to blossom between Kenneth and Cerie (Jack McBrayer, Katrina Bowden). Liz (Tina Fey) is curious when she receives flowers from a secret admirer. Jack (Alec Baldwin) wants to celebrate his newly divorced status with Tracy (Tracy Morgan) in "Up All Night." 8 PM on NBC

Cloverfield
The Statue of Liberty loses its head as monster movies get a modern twist in director Matt Reeves' thriller, produced by Reeves' longtime associate J.J. Abrams ("Lost"). A lethal creature's rampage through New York is seen largely through a camera viewfinder as a group of young acquaintances tries to survive the attack. It should be mentioned that the jerky quality of many visuals here prompted some queasy theatergoers to race for the exit. 7:35 PM on CEN

Redford weds artist

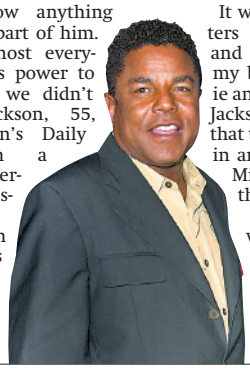
Robert Redford married artist Sibylle Szaggars on Saturday evening at the luxury Louis C. Jacob Hotel in Hamburg, Germany, in front of 30 family and friends, it has been confirmed by people.com. METRO NEWS SERVICES

Celebrity Buzz

'We raided Neverland'

O BROTHER! WHERE ART THOU? Despite Michael Jackson's reported orders that his family not be permitted inside the gates of Neverland for fear they would observe him abusing prescription drugs, older brother Tito Jackson claims that his siblings once staged a raid in an attempted intervention, people.com reports.

"I never saw (Michael) on drugs. Not once. He deliberately did it away from us. He didn't want his family to know anything about that part of him. He did almost everything in his power to make sure we didn't know," Jackson, 55, tells Britain's Daily Mirror in a lengthy interview Wednesday.



But when the stories just grew too loud to ignore, "We had to act. It was me, my sisters Janet, Rebbie and La Toya and my brothers, Jackie and Randy," says Jackson — adding that they all barged in and "surprised" Michael, "to say the least."

Confronted with their questions about his doing drugs, Michael "kept denying it" and told his siblings they were "overreacting," says Jackson, who, along with his brothers and sisters, were assured by Michael's doctor that the King of Pop was "healthy."

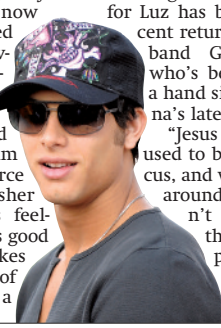
"We didn't know what to believe. We didn't take what Michael said as the truth," admits Tito.

Michael's June 25 death is now being treated as a homicide by LAPD, according to TMZ.com.

METRO NEWS SERVICES

Jesus getting boy-toy message

JUST LUST FOR LUZ Madonna's 22-year-old Brazilian boy-toy, Jesus Luz, may be ready to walk now that he's realized the singer will never take him seriously, sources say.



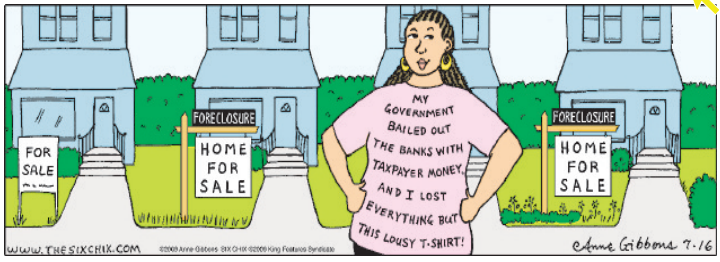
"He's pretty and she can boss him around," a source tells Gatecrasher about Madonna's feelings for Luz. "He's good in bed. And he takes really good care of her kids. But as a life partner? No. He's child's play."

Making matters worse for Luz has been the recent return of ex-husband Guy Ritchie who's been lending a hand since Madonna's latest adoption.

"Jesus has gotten used to being her focus, and when Guy is around, that doesn't happen," the source explains.

METRO WORLD NEWS

ComicsOnline — For more cartoons, visit metronews.ca



Fox hunting for another house

SINGLE AGAIN? Megan Fox is looking for a home of her own. The Transformers: Revenge of the Fallen star spent the weekend checking out homes in the Hollywood Hills neighbourhood with a real estate agent, according to the Daily Mail. Fox is reportedly looking for something in $2 million to $3 million US price range. Since she currently shares a home in Brentwood, Calif., with on-again, off-again boyfriend Brian Austin Green, does this suggest that the couple is once again off?

"I'm currently what you would call single, I guess," Fox said recently.

METRO WORLD NEWS

Zooey's acting jitters

THE ARTIST'S LAMENT Zooey Deschanel worries she doesn't know how to act, femalefirst.co.uk reports.

She feels like a new and inexperienced actress every time she starts work on a new movie and struggles to gauge how well she has done.

She said: "That's part of what makes acting so scary for me because like there will be total moments where I will be like, 'I have no idea what I am doing.' Acting is not a quantifiable thing. You cannot put a number on it. You cannot be like, 'OK I have done my 10 hours and my work is done.'"

METRO NEWS SERVICES

Jada dishes on sex ride

HOT, HOT SEAT In the latest issue of Shape magazine, Jada Pinkett Smith continues her campaign to let everyone know about her and husband Will Smith's fabulous sex life.

"When you have three kids, you've got to take your opportunities when they come," the Hawthorne star says, dishing about a very steamy limousine ride.

"On the way to the Academy Awards this year, Will started looking at me in this way that drives me wild. We started kissing passionately, and the next thing I knew, well, let's just say we missed the red carpet"

METRO WORLD NEWS

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Kelly works to battle grief

GETTING OVER LOSS Kelly Preston is throwing herself into work to get over the tragic death of her son, femalefirst.co.uk reports.

The actress — who was left devastated when her 16-year-old son Jett with husband John Travolta suffered a fatal seizure during a family holiday in the Bahamas in January — has been filming tough scenes for new movie Casino Jack and it is helping her to deal with her grief.

The film's director George Hickenlooper said: "She wanted to do this to get back to work. She talked to me about her loss. She is deeply affected by it and brought that to her character."

Preston and Travolta — who also have an eight-year-old daughter Ella Bleu — are still trying to cope with the loss of Jett, who they recently held a private memorial for at their home in Florida.

A source said: "Both Kelly and John's grief is raw and it's going to take them a long time to recover from this."

Earlier this month, it was revealed Preston will speak publicly for the first time about Jett's death. She will address the California Governor's Conference for Women in October, after being persuaded to by host Maria Shriver.

METRO NEWS SERVICES

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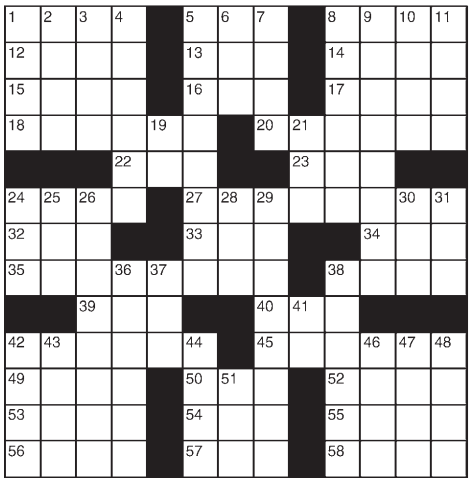

Crossword across

1 Bellow
5 Indispensable
8 Not up and about
12 Shrek is one
13 Epoch
14 Wheel hub
15 Evidenced a pinprick
16 Present
17 Smooth-talking
18 Old salt
20 Witch's incantations
22 Mound stat
23 Crafty
24 Deer little one?
27 Plundered
32 Eggs
33 Kimono belt
34 "— the ramparts ..."
35 Borrow money
38 Slow
39 Flightless bird
40 Rotation duration
42 Indicates "I dunno"
45 Star-related
49 Lofty
50 Hooter
52 Vagrant
53 Shaving cream additive
54 Privy
55 Piece of work
56 Ink smudge
57 Yoko of music
58 Profits

Crossword down

1 Plagiarizes
2 Watch impolitely
3 Vicinity
4 Blush
5 Aussie critter
6 Id counterpart
7 Evergreens
8 "— & Demons"
9 Flamboyant pitch
10 Satan's forte
11 Socialist candidate Eugene
19 If not
21 Omega preceder
24 Navigation hindrance
25 St. crosser
26 Napoleon's downfall
28 Lawyers' org.
29 Curried recipe
30 "A mouse!"
31 Desiccate
36 Charm
37 Drag along
38 Big constrictor
41 For example
42 Impale
43 Corridor
44 Song for one
46 Hitchcock tour de force
47 Touch
48 Privation
51 Triumphed

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

			1			4		
9		8		3			5	
6			9			7		
		6		5	7			1
	8						4	
5			6	2		9		
		4			3			7
	7			6		2		5
		3			8			

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

9	1	2	6	3	8	7	5	4
7	6	8	1	5	4	9	3	2
3	4	5	7	9	2	1	8	6
5	8	3	2	6	7	4	1	9
2	7	1	3	4	9	5	6	8
4	9	6	5	8	1	2	7	3
1	2	4	8	7	3	6	9	5
8	5	7	9	2	6	3	4	1
6	3	9	4	1	5	8	2	7

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:

Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min.....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

MEGAN MCCHESNEY

Mango Curried Chicken

Submitted by Laurie Chambers, Toronto, ON

submitted by a Club Member!

INGREDIENTS:

1 can of mangoes
1 chicken breast
1 bunch of fresh cilantro
1 tbsp of madras curry paste
1 package of vermicelli rice noodles

METHOD:

Empty the juice/syrup of the can of mangoes into a pot warming on the stove. Add the tbsp of curry paste and stir.

Once the curry paste has dissolved into the juice, add the chicken in cubes or strips. Once the chicken is thoroughly cooked, add some chopped cilantro to taste. At this time, add the mangos that are left in the can (cut to edible size). Cook for 3 min.

Place Mango Curry Chicken over cooked rice noodles and serve hot. Add a sprig of fresh cilantro to garnish.

SERVES 2-4
PREP TIME: 10 MINUTES
COOK TIME: 10 MINUTES

20 minute SUPPER CLUB

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Horoscopes by Sally Brompton

sallybrompton.com

ARIES
MARCH 21-APRIL 20
You have never been the type to follow the herd. Go your own way, do your own thing and, if certain people don't like it, do it some more.

TAURUS
APRIL 21-MAY 21
No matter your age or your social position you will come up with a vision that leaves those you work and do business with dumbstruck in admiration.

GEMINI
MAY 22-JUNE 21
Use your powers of persuasion to make sure you get your share of whatever financial and material goodies may be up for grabs.

CANCER
JUNE 22-JULY 22
Take a few chances today. With mind planet Mercury linked in the best possible way to Uranus, your ideas will be, to say the least, a bit out of the ordinary.

LEO
JULY 23-AUG 23
Don't sit there waiting for others to make the first move. You're a Leo, you're supposed to be a leader, not a follower.

VIRGO
AUG 24-SEPT 22
The whole world seems to be singing your praises, which is nice, but don't let it go to your head. You know what they say about pride coming before a fall.

LIBRA
SEPT 23-OCT 23
The best way to handle the stress in your life is to take nothing too seriously, not even yourself.

SCORPIO
OCT 24-NOV 22
You can do almost anything you like today, but there is one thing you must not do and that is to let other people speak for you.

SAGITTARIUS
NOV 23-DEC 21
You may not want to believe that someone would cheat you, but can you afford to take the chance? Be on the lookout for signs of evasiveness today.

CAPRICORN
DEC 22-JAN 20
Not only will you be daring in action today but your mind will be razor sharp, and with that kind of combination you are sure to go far.

AQUARIUS
JAN 21-FEB 18
A good deed you do for someone you barely know will have a number of positive effects over the next few days.

PISCES
FEB 19-MARCH 20
Your highly artistic nature will be much in demand today and you may have to turn down offers because you already have too much on your plate.

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5720 East Blvd.
689 Thurlow St.
3 - 1855 Burrard St.
3121 West Broadway
2748 Rupert St.
1 - 525 Seymour St.
150 - 625 Howe St.
105 - 950 West Broadway
1707 Robson St.
1092 Kingsway
10 - 3490 Kingsway

Aldergrove
310 - 26310 Fraser Hwy.

Abbotsford
Sevenoaks Shopping Centre
2 - 32915 South Fraser Way
1 - 2142 Clearbrook Rd.
401 - 2140 Sumas Way

Burnaby
Brentwood Mall
Crystal Square
Lougheed Mall
Metrotown/Metropolis
214B - 4501 North Rd.
4711 Kingsway
111 - 3823 Henning Dr.
204B - 3430 Brighton Ave.

Chilliwack
Cottonwood Mall
103 - 45300 Luckakuck Way
11 - 45905 Yale Rd.
7544B Vedder Rd.

Cloverdale
201 - 17725 64th Ave.

Coquitlam
Coquitlam Centre
101 - 3278 Westwood St.
5 - 3000 Lougheed Hwy.
2700B Barnet Hwy.
22 - 2988 Glen Dr.
2 - 901 Lougheed Hwy.

Delta
Scottsdale Mall
7235 120th St.
1517 56th St.

Langley
Walnut Grove Town Centre
Willowbrook Shopping Centre
3 - 19638 Fraser Hwy.
103 - 19700 Langley Bypass
C104 - 20159 88th Ave.
19971 96th Ave.
C7 - 20202 66th Ave.

Maple Ridge
22661 Lougheed Hwy.

Mission
100 - 32670 Lougheed Hwy.
318 - 32555 London Ave.

New Westminster
Royal City Centre

North Vancouver
Capilano Mall
127 - 1199 Lynn Valley Rd.
1295 Marine Dr.
1748 Lonsdale Ave.
1392 Main St.

Pitt Meadows
735 - 19800 Lougheed Hwy.

Port Moody
202 Newport Dr.

Richmond
Aberdeen Centre
Admiralty Centre Mall
Ironwood Mall
Parker Place
Richmond Centre
115 - 12571 Bridgeport Rd.

Surrey
Central City Shopping Centre
Guildford Town Centre
201 - 13734 104th Ave.
135 - 12477 88th Ave.
30 - 16041 24th Ave.
1675 128th St.
108 - 7380 King George Hwy.
403 - 15940 Fraser Hwy.
10310A 152nd St.

West Vancouver
Park Royal Shopping Centre
North/South

White Rock
Semiahmoo Shopping Centre
10 - 3189 King George Hwy.

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C - 1815 Rogers Place (Kamloops)
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Spall Plaza (Kelowna)
Cherry Lane Shopping Centre (Penticton)
Pine Centre (Prince George)
Piccadilly Mall (Salmon Arm)
Village Green Mall (Vernon)

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7009 Nesters Rd.

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38116 2nd Ave.